

## X ELECTRIC COOKING EQUIPMENT X

### SELECTION, OPERATION, AND CARE POINTS

#### ELECTRICITY FOR COOKING HEAT:

Wires made of certain metals, in this case nickel chromium, offer resistance to the passage of electric current which produces heat.

#### ELECTRIC COOKERY ABC'S:

Accurate	Efficient
Cool	Fast
Clean	Healthful
Convenient	Safe
Dependable	Simple
Economical	Time-saving

#### COMPARATIVE COST: ELECTRICITY-BOTTLED GAS

Electricity	Bottled gas
3¢ per kwh. =	10¢ per lb.
2½¢ per kwh. =	8 1/3¢ per lb.
2¢ per kwh. =	6 2/3¢ per lb.

1 kwh. equals about .32 lbs. LP\* gas

100 kwh.	32 lbs.
2½¢	8½¢
\$2.50	\$2.72

#### TYPES OF ELECTRIC COOKING EQUIPMENT:

Hotplate -----	\$ 5 - \$30
Roasterette or casserole	\$ 5 - \$10
Roaster -----	\$30 - \$65

#### Range:

Portable -----	\$30 - \$100
Apartment -----	\$125 - \$175
Standard -----	\$110 - \$375

#### SELECTION POINTS - HOTPLATE:

1. Sturdy construction
2. One unit at least 1000 w.
3. Three-speed switch
4. Durable finish (porcelain, chrome)
5. Double unit preferable

#### OPERATION OF HOTPLATE:

Use on appliance, not lighting circuit  
Start on High. When steaming vigorously turn to Low or Off. Keep food covered. Time  
Use high-wattage hotplate for canning

#### CARE OF HOTPLATE:

Open unit: Invert tin pie pan, sprinkled with water, over it. Turn to high 10 min.  
Protect from salt, soda, sugar, soap, acid, metal, sharp instruments, sharp blows.  
Avoid getting grease or water on cord.

\*Liquified petroleum.

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#### **SELECTION OF ROASTER:**

Finish: good enamel - white, black, ivory  
Handles: easy to grasp, heat-resistant  
Size: larger size is more practical  
Shape: rectangular shape is preferable  
Insulation: 1-2" rock or glass wool  
Thermostat: switch marked with temperatures  
Wattage: 1,000 - 1,320 w., highest better  
Inset pans: ovenware, glass go to table  
Rack: adjustable, sturdy, simple  
Broiler: grid is well better than lid type  
Lid: glass panel; aluminum or chrome-plate  
Cord: rubber covered, UL red or gold band

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#### **OPERATION OF ROASTER:**

Place on table of good-working height  
Locate in cooking center, if possible  
Use only on appliance circuit  
Preheat roaster, or grid, for frying  
Preheat for baking, large inset pan in place  
Close adjustable vent during preheating  
Use cold start for oven meals, roasting  
Add 15-30 min. to recipe time for cold start  
 $\frac{1}{4}$  c. water for green veg's.,  $\frac{1}{2}$  c. for starchy  
Place meat for broiling no closer than 2"

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#### **SELECTION OF ELECTRIC RANGE:**

Table-top desirable, height 36"  
Unit body construction - sturdy, braced  
Location of work space, units, oven, vent  
Acid-resisting porcelain enamel top  
Well-labelled switches; closed units  
Racks and drawers--lock and easy to move  
Large well cooker; deep broiler pan  
Evaluate special features, use vs. cost  
Solve water heating--kitchen heating problems

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#### **TYPES OF OVENS & OVEN UNITS:**

Ovens: One unit  
Two unit:  
    bottom baking heat  
    top and bottom heat  
Types of units:  
    open coil  
    tubular encased.

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#### **OVEN SELECTION:**

Size: 18-21" deep, 14-18" high, 15-18" wide  
Liner: rounded corners, seamless, porc. enamel  
Door: tight, counter-balanced, broiler stop,  
    hinged at bottom, well-designed latch  
Racks: non-tilt, non-slip rail, locking  
Shelf positions: More than 5, or offset rack (2")  
Broiler: under top unit, pref. deep pan  
Good insulation; well-located vent  
Well-labelled thermostatic control

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**TYPES OF SURFACE UNITS-MOSTLY TUBE TYPE**

Open: open-labyrinth  
covered labyrinth

Closed: encased; tubular or rod, ring and solid

**SWITCH POSITIONS:**

- High: start steaming, frying, pressure cooking
- 2nd: continue frying or fry without attention
- 3rd: cooking without watching, pressure cooking melting butter, continue deep-fat frying
- 4th: continue cooking after steaming
- 5th: keep food warm, continue cooking

**SURFACE COOKING UTENSILS:**

Fit unit:	Short side handles
2 or 3 qt.--6" unit	Heat-resistant handles
4 or 5 qt.--8" unit	Recessed knobs on lid
Flat bottom:	Dull or black bottom
Straight sides	Polished sides
Medium weight	Steam vent
Tight covers	Easily cleaned
	Useful in oven too

**ECONOMICAL USE OF SURFACE UNITS:**

1. Serve one-dish meals
2. Use low heat instead of double boiler
3. Use small units most; have pan fit
4. Use 1/4-1/2 c. water (or 1/8-1/4" in pan)
5. Use flat-bottomed, tightly covered pan
6. Put pan on unit, then set switch
7. Turn down or off when steaming
8. Avoid lifting lid and stirring

**USES OF WELL COOKER:**

1. Cooking less-tender cuts of meats
2. Complete meals of meat, veg's., dessert
3. Steaming veg's., puddings, brown bread
4. Soup, chili, stew
5. Deep-fat frying
6. Cooking cereals, dried fruits
7. Baking potatoes, squash, beans
8. Making casserole dishes
9. Reheating rolls or biscuits
10. Sterilizing jelly glasses and baby bottles
11. Making a large quantity of cocoa

#### OVEN OPERATION POINTERS:

Select foods using same time and temp.  
Use covered pans,  $\frac{1}{4}$ - $\frac{1}{2}$  c. water on veg's.  
Cook tender meat in shallow, uncovered pan  
Meats & veg's. on bottom; dessert on top  
Allow space between pans and pans & walls  
When using timer, choose foods that can wait  
For baking:

    Stagger pans for good heat circulation  
    Avoid use of black or enamel pans

#### ECONOMICAL USE OF OVEN:

1. Use oven to full capacity
2. Have foods at room temp. generally
3. Adjust racks before preheating
4. Preheat only until light goes out
5. Bake low temp. foods first
6. Time. Don't overcook. Don't peek
7. Use stored heat

#### SETTING OVEN THERMOSTAT-SWITCH

Broiling: Turn to "Broil"

Preheat: Turn to "Broil" first; then set baking temp. immediately

Timed Bake: Set at temp. required  
Follow directions for timer

#### USE OF OVEN SWITCH POSITIONS:

Preheat:	Rapid heating of oven
	Rare roasts
Bake-T & B:	Most baking
	Oven meals
Bake-B:	Canning*; large meals
	Quantity baking
Slow broil:	Well-done thick steak, chicken, chops**, toast
Speed broil:	Rare steaks

#### PREHEAT OVEN FOR:

Cakes--most types	Cookies
Quick breads	Pastry

#### PREHEATING OVEN UNNECESSARY FOR:

Oven meals	Yeast bread
Cakes--some types	Roasting

#### POOR OR UNEVEN BROWNING DUE TO:

1. Oven not level
2. Black or enamel utensils
3. Pan too large or warped
4. Poor placement of pans
5. Over-crowding oven
6. Insufficient heating
7. Opening door during baking
8. Poorly fitting door

\*Oven canning is not recommended.

\*\*Broiling uncooked pork (unless frozen) not recommended.

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#### TYPES OF OVEN MEALS:

1. Long-holding type (3-8 hours freed)  
Choose frozen or large cold cuts  
Avoid milk or egg dishes  
Avoid foods that discolor on standing  
Timer must be used for this type
  2. Short-holding type (1-3 hours freed)  
Use any meat suitable for time chosen  
Use perishable foods if wished  
Timer may or may not be used
  3. Interruptable meals  
Usually based on large roast or ham  
Add other foods at start, midway, or end  
Timer not necessary as user is present
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#### BROILING POINTERS:

1. Use tender meat. Don't broil pork or veal  
Score fat edges. Choose veg's., fruits  
which cook in same or  $\frac{1}{2}$  time of meat
  2. Brush meat, veg's., fruits with fat  
Sprinkle fruits with sugar
  3. Do not preheat oven or broiling pan
  4. Adjust shelf to hold broiler pan for  

Type of food	Top-of-food to unit
Thin or rare meat	1 $\frac{1}{2}$ to 2 inches
Meat, veg's., fruit	2 to 3 inches
Poultry, roast, fish	4 to 5 inches
  5. Set switch &/or thermostat to "Broil"
  6. Leave door ajar; set time reminder
  7. Follow time; turn meat when half done
  8. Do not turn most veg's., fruits, 1" fish
  9. Salt meat, veg's., as dished to serve
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#### CLEANING BROILER PAN, RACK:

1. Drain fat and drippings from pan
  2. Wipe pan and rack with dry paper
  3. Scrub pan and rack with brush
  4. Use ammonia on stubborn spots in pan
  5. Use steel wool on broiler rack spots
  6. Do not store broiler pan in oven
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#### CARE OF RANGE:

- Rotate use of surface units  
Avoid twisting wires to surface units  
Pull straight out on oven units  
Avoid overheating
- Enamel: protect from spills & acids,  
sudden temp. changes, scratches,  
blows, harsh abrasives, crazing
- Cooker: do not heat empty or boil dry  
do not store foods in cooker  
cool well before storing cooker
- Oven: open door to dry after using  
avoid leaning on door
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CARE OF RANGE - CLEANING:

Remove spillage immediately - paper, dry cloth

Wash when cool - warm soapy water. Rinse dry

Trim: polish with whiting or silver polish

Units: burn spilled food; remove with soft brush

Wash closed units if necessary

Rims: whiting or 00 steel wool for spots

Reflectors: remove & wash or wipe off as pan

Drip tray: remove & wash or wipe when necessary

Well: wipe lining with damp cloth, dry

wipe lid with damp cloth if insulated

Oven unit: char clean; use soft brush, if necessary

Liner: use weak solution ammonia on stubborn stain

fine abrasive or very fine steel wool